

To Begin

Smoked Salmon 16.95

Thinly sliced double smoked salmon garnished with capers and Bermuda onions.
Served with horseradish mousseline and garlic toast.

Garlic Shrimp 16.95

Sauté of shrimp, onion, and garlic in white wine. Served with garlic toast.

Escargot a la Bourguignone 16.95

Escargots, mushrooms and herbs simmered in a white wine and cream reduction.
Served with garlic toast.

Dutch Herrings 15.95

Marinated fillets of herring served with pickles, tomatoes, and onion sour cream.
Served with garlic toast.

Sauerkraut & Wild Mushroom Stuffed Pierogis   12.95

Served with sour cream and fried onions. (4)

Cheese & Potato Stuffed Pierogis   12.95

Served with sour cream and fried onions. (4)

Chicken Stuffed Pierogis  12.95

Served with sour cream and fried onions. (4)

Add mushroom sauce 2.95



Vegetarian



Vegan



Contains Gluten

NOTE: Although these dishes are made without gluten, we do prepare gluten meals in house.

15% Gratuity will be added on groups of 4 - 9

18% Gratuity will be added on groups of 10 and more

Soups

Pickle Soup

Cup 4.95 Bowl 6.95 Large Euro Bowl 14.95

Helena's famous dill pickle soup.

Red Barszcz

Cup 4.95 Bowl 6.95 Large Euro Bowl 14.95

Delicious beet vegetable soup with lima beans.

Baked French Onion

11.95

A mushroom based soup served baked with krolewski cheese, bread, and croutons.

Flaczki

Cup 5.95 Bowl 9.95 Large Euro Bowl 21.95

Traditional Polish tripe soup.

Sauerkraut & Potato

Cup 4.95 Bowl 6.95 Large Euro Bowl 14.95

This German delight is cooked with smoked pork hocks.

Salads

Avocado Tomato Salad

13.95

Avocados and tomatoes on a bed of romaine lettuce, topped with sun-dried tomato vinaigrette and roasted almonds. Served with garlic toast.

Caesar Salad

Regular 13.95 Starter 6.95

Romaine lettuce tossed with Caesar dressing and topped with fresh parmesan.

Regular served with garlic toast, bacon, anchovies.

Starter served without toast or anchovies.

Greek Salad

13.95

Bell peppers, cucumbers, onions, tomatoes, and romaine lettuce served with rice vinaigrette and topped with goat's milk feta and kalamata olives.

Served with garlic toast.

Tomato Cocktail

11.95

Diced fresh tomatoes served in a Polish sour cream dressing.

Served with garlic toast.

Tomato Salad

11.95

Diced fresh tomatoes served in a vinaigrette. Served with garlic toast.

House Salad

Regular 11.95 Starter 6.95

Garden greens topped with sun-dried tomato vinaigrette.

Regular served with garlic toast.

Starter served without garlic toast.



Vegetarian



Vegan



Contains Gluten

NOTE: Although these dishes are made without gluten, we do prepare gluten meals in house.

15% Gratuity will be added on groups of 4 - 9

18% Gratuity will be added on groups of 10 and more

Dinner Entrée

"Schnitzel" Pork 21.95

"Schnitzel" Chicken 22.95

Prepared according to the traditional Viennese recipe. Served with potato salad, pan fried potatoes or spaetzle ([spaetzle](#) ) and vegetable medley.

Mushroom sauce 2.95

Dill sauce 2.95

Duck Leg 27.95

Slowly roasted duck leg and Pinot Noir demi-glace. Served with mashed potatoes and hot red cabbage.

Pork Chop Munich Style 29.95

French cut marinated pork chop served with a mushroom, sausage, green pepper and pearl onion cream sauce. Served with kopytka and vegetable medley.

Lamb Chops 32.95

Marinated seared trio of lamb chops joined with burgundy sauce, vegetable medley, and choice of vegetable rice or mashed potatoes.

Polish Cutlet 22.95

Ground pork cutlet with dill cream sauce, vegetable medley and mashed or pan fried potatoes.



Vegetarian



Vegan



Contains Gluten

NOTE: Although these dishes are made without gluten, we do prepare gluten meals in house.

15% Gratuity will be added on groups of 4 - 9

18% Gratuity will be added on groups of 10 and more

Dinner Entrée

Beef Tatar 24.95

Center cut raw beef tenderloin (150 grams), traditionally spiced. Served with toasted garlic bread, capers, diced pickles, tomatoes, and diced onions.

Hungarian Goulash (Beef Stew) 26.95

Tender cubes of beef stewed in a Hungarian paprika-based sauce poured over a bed of kopytka, rice, mashed potatoes, or spaetzle (spaeztzle ). Topped with sour cream and diced pickles. Served with vegetable medley.

Filet Mignon "Your Way" 49.00

Charred 8 oz. beef tenderloin topped with sauce of your choice. Served over mashed potatoes, with sautéed mushrooms and red cabbage.

Filet Mignon Sauces

Wald Pilz • Burgundy • Peppercorn

Sides

Mushroom Sauce	2.95	Dill Sauce	2.95
Wald Pilz Sauce	4.95	Peppercorn Sauce	4.95
Goulash Sauce	4.95	Sautéed Mushrooms	4.95
Burgundy Sauce	3.95	Rye Bread (2 pcs) 	.50
Spaetzle 	3.95	Gluten Free Bread (1 pc)	.50
Kopytka	3.95	Sausage	6.95



Vegetarian



Vegan



Contains Gluten

**NOTE: Although these dishes are made without gluten, we do prepare gluten meals in house.
15% Gratuity will be added on groups of 4 - 9
18% Gratuity will be added on groups of 10 and more**

Dinner Entrée

Liver Sausage. Mushroom & Onion 26.95

The above sautéed with mushrooms, sausage, and onions. Served on rice, mashed potatoes or spaetzle (spaeztzle ) and vegetable medley.

Chicken Stroganoff 25.95

Tender pieces of chicken breast sautéed with mushrooms and green peppers simmered in a tomato cream sauce. Served with rice, kopytka or spaetzle (spaeztzle ) and vegetable medley with sour cream and diced pickles.

Chicken Shrimp & William Potatoes 32.95

Seared marinated chicken breast, shrimp, mushrooms, onions and garlic sautéed in a white wine cream reduction, William potatoes, and vegetable medley.

Rainbow Trout 25.95

A whole trout (head and tail) pan fried and seasoned with dill, capers, and lemon. Served with pan fried potatoes and vegetable medley.

Fresh Chinook Salmon Fillet (Upon Availability) 31.95

Seared salmon completed with an oven bake, brushed with a light Maple glaze. Served with vegetable rice.

Funghi & Kopytka  *or Spaetzle*  23.95

A blend of white and ground wild mushrooms served in a cream and white wine reduction over a bed of kopytka or spaetzle (spaeztzle ). Topped with fresh parmegiano cheese.



Vegetarian



Vegan



Contains Gluten

NOTE: Although these dishes are made without gluten, we do prepare gluten meals in house.

15% Gratuity will be added on groups of 4 - 9

18% Gratuity will be added on groups of 10 and more



A Taste of Europe

Gluten Free

Continental Treat Fine Bistro is a family affair. Together, three generations of the Borowka family work to deliver a romantic experience reminiscent of turn-of-the-century dining. From its conception in 1982, Helena and Ryszard have welcomed their son, Sylvester, and now their two grandsons, Matthew and Michal, into the family business. In tandem, the Borowkas' efforts have consistently yielded fond experiences that have consequently made Continental Treat a premier choice for any occasion – from business lunches and client meetings to anniversaries, birthdays, and romantic dinners.

Elizabeth Palmowski – our executive chef – and her team continue to innovate our menu while preserving the distinct, authentic flavours of our most popular European dishes. To pair with these meals, we offer a vast selection of rare spirits, fine wines, specialty liqueurs, and both imported and micro-brewed beers. From the rare Samuel Adams Utopia to the near-inaccessible Van Winkle bourbon to the elusive Westvleteren XII, our beverage choices will appeal even to the most scrutinizing palates.

We aim to convey a charming European-bistro ambiance, complemented by smooth jazz and bossa nova. At the core of Continental Treat's atmosphere is our menu that contains such choices: escargots a la Bourgogne; double smoked wild salmon; a dill pickle soup for which we are famous; flaczki (a traditional tripe soup); beef tartar; slow-roasted duck leg; Hungarian goulash; and the best Vienna schnitzel to be found in Edmonton. Of course, at the foundation of Continental Treat is our staff who will graciously welcome you upon your arrival.

On behalf of the Borowka family,
Guten Appetit.